Creamed Turkey or Chicken35

Number of Servings: 35 (247.9 g per serving)

Amount	Measure	Ingredient
5 1/2	qt	Milk, 1%, w/add vit A & D
2 1/2	cup	Flour, all purpose, white, bleached, enrich
2/3	cup	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
3 1/2	tsp	Salt, table, iodized
1 3/4	cup	Onion, green, chpd, fresh FDA
13.00	Tbs	Pimentos, cnd
5 1/2	lb	Turkey, avg, dark meat, w/o skin, rstd

Nutrients per serving

Nutrition Facts

Serving Size (248g)
Servings Per Container

Amount Per Serving	
Calories 260	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 390mg	**16%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**4%**
Sugars 8g	
Protein 27g	

Vitamin A 10% • Vitamin C 8%
Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Each ~2oz = 1 serving = 4 grams carbohydrate (0 Carb serving)

For variation: Parsley, dried parsley or chives may be added for color and appeal, especially when used for potatoes.

Notes

* Cook fresh chicken or turkey without salt, cool and dice or purchase unseasoned, diced poultry. 1# diced turkey or chicken = ~3 cups (1/2 c = ~2 .7 oz)
* If green onions not available, white or yellow onions may be used. Or, 1/2 the measure of chopped, dehydrated onions may be used.
Potentially Hazardous Food. Food Safety Standard: Hold food for service at 140 degrees F or above.

Melt margarine, remove from heat. Add flour and salt. Stir until smooth with wire whip by adding a little of the milk to make a thin paste. Bring to a simmer and cook 2 minutes, stirring constantly.
Heat the rest of the milk in the microwave or a double boiler.
Add hot milk to cooked mixture with a wire whip. Cook and stir as necessary until smooth, simmering and thick.

Add onions, pimentos (diced, drained) and turkey and heat to 180 degrees F and serve.
1 serving = 3/4 c = 6 oz ladle
1 serving = 16 grams carbohydrate = 1 Carb Serv